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Downplaying The Damage of Ultra-Processed Food

By Joachim Bartoll | Jul. 11th, 2024

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Today we return to the government and pharmaceutical disinformation and propaganda website Medical News Today and their latest article on 'ultra-processed food' with the claim that it "may raise risk of death by 10%"

10%? Anything that is contraindicated to our natural species-appropriate, species-specific carnivorous diet of animal-based foods is going to hurt us and shorten our life-span. So, that is not a 10% risk, that is 100% guarantee!

As the dangers of processed foods are extremely obvious, they have to admit that these foods are bad. But let's see how they spin and try to minimize this problem.

> *"Eating ultra-processed food is linked to an increased risk of mortality in older people, an extended new study suggests."*

Well, any processed food that is plant-based or contains anything from plants will cause a lot of physiological damage, and that means a shortened life-span — and you usually die when you get "older," so I guess one could argue that there is an "increased risk of mortality in older people." However, such a statement makes it sounds like it's only dangerous for the elderly, which it of course is not. It's the accumulated damage during your entire life that takes the years of your lifespan — from the moment you start to consume what is not appropriate for your species, for your physiology. This is extremely important to understand. It's not like processed foods suddenly become more dangerous because you aged a year. It will always cause damage. Every bite of it. And it accumulates.

Now, the researchers that Medical News Today mentions used surveys, which are extremely unreliable and, to be honest, totally worthless — as people rarely are honest about everything they eat, or even remember what they had once they

remember to fill out the questionnaire. Also, as I've studied a lot of these questionnaires, the wording is usually tailored in such a way that when you are presented with several options, you tend to choose a better "more healthier" one as the other sounds too harsh or make you feel bad.

Anyways, the study drew on data from the US NIH-AARP Diet and Health Study, which tracked the diet and health of over a half million older people. The new analysis included adults ranging in age from 50 to 71 at baseline in 1995-1996, with a median 22.9-year follow-up period.

> "*Dietitian Kristin Kirkpatrick, MS, RDN, who was not involved in the research, said, "The very long follow-up period is interesting; however, the researchers also note that it's unclear what was done between the time the data was taken and the follow-up. Did these people make dietary changes? Were there other activities that were risky to overall health? We are unclear on the details.*"

Again, that is one of many problems with these kinds of "studies." It's guesswork, and you can pull out and extrapolate any kind of data from them as you wish. There is no science in it.

> "*Compared to the lowest amount of processed food consumption, the highest amount was associated with increased risks of death from heart disease and diabetes but not death due to cancer.*"

Heart disease and diabetes are mainly the result of consuming carbohydrates and vegetable/seed oils, as in unsaturated fats. You also have calcification from antinutrients such as oxalates and minerals that are not bioavailable and are poorly absorbed, all found solely in plants.

As for cancer, it can be from extreme consumption of carbohydrates, and/or extreme toxic load, and/or from mental trauma. I covered this in my article, "*My take on Cancer, Prevention, and Healing*" and also, "*Cancer is a Natural Survival Mechanism (Early-Stage Cancer Detection)*."

> "*This suggests that the detrimental effects of ultra-processed foods on health may persist regardless of overall lifestyle factors.*"

That should be bloody obvious, as ultra-processed foods are extremely toxic, just as any kind of plant-based food. Every time you consume such slave-crap it does damage, and your body has to do its best to heal and clean up the mess. It will take its toll. Again, the damage accumulates over the years.

> "*Ultra-processed foods are typically higher in added sugars, unhealthy fats, and additives, while lacking essential nutrients such as fiber and vitamins, which can negatively impact cardiometabolic health. These foods contain higher levels of advanced glycation end products (AGEs) due to their processing methods, which may increase oxidative stress and inflammation in the body. AGEs may also raise cystatin C levels, associated with decreased kidney function and heightened cardiovascular disease risk.*"

That is only scratching the surface. Keep in mind that all types of carbohydrates turn into glucose which is extremely toxic if it raises glucose above our natural blood glucose level. Using the term "added sugars" or just "sugars" is only a way to downplay and hide the truth that all types of carbohydrates are extremely damaging to human health and should be avoided at any cost.
And for fats, the unhealthy and extremely dangerous fats are the unsaturated fats, as in mono-unsaturated and poly-unsaturated fats found in plants, as in vegetable- and seed oils. Our cells are made of saturated fats and cholesterol and that is what we need. That is simple physiology 101.

Please note that there can be small amounts of unsaturated fats in animal products, as in "monounsaturated" fats and even tiny amounts of "polyunsaturated" fats. However, this is only a classification as their composition actually differs from that of "monounsaturated" or "polyunsaturated" fats found in plants. They are not the same. Also, animal-based unsaturated fats are accompanied by other beneficial compounds and nutrients that creates true food synergy, as they are used together and also remain protected as they are part of the food itself.
In plants, the unsaturated fats become unprotected the moment you try to

separate the oil, making it rancid and extremely toxic. Hence that vegetable- and seed oils are among the most toxic stuff you can consume. Also, when you get "intact" unsaturated fats from plant-based edibles, they still differ in composition and they are contraindicated to the human diet. We only need tiny amounts, and that is exactly what is found in meat and other animal products – thee food that we are supposed to eat.

As for fiber, all plant-based fibers are made of cellulose, a complex carbohydrate that is very tough and cannot be broken down within the digestive tract. It's like pouring sand into the gas tank of a car. All it will do is damage to the intestine walls while attracting the wrong kind of bacteria; bacteria that will try and ferment everything that is in your colon, leading to unnatural gas (as in farting,) bloating, and even more damage. Fiber should never be consumed by a human, ever. Simply recommending fiber shows an extreme lack of understanding of human physiology.

> "*She noted that much of the research she sees involves younger people, and focuses on prevention of later problems through better nutrition.*"

See, you do understand the problem of accumulated damage, although you do your best to hide it with vague statements such as "prevention" instead of telling it like it is, that every single plant-based and processed food will cause damage at every single bite.

> "*Younger participants — particularly middle-aged individuals — may consume more ultra-processed foods due to factors such as convenience, affordability, and advertising. These foods are often widely available, require minimal preparation, and are heavily marketed, making them appealing to busy lifestyles," Routhenstein said.*"

Yes, it's called conditioning through disinformation and propaganda. They are totally clueless to what real species-appropriate food is. They think that anything that is edible, anything that can be bought in a store will give them nourishment, which of course is not the case. Anything that is plant-based has virtually no bioavailable nutrients all while being extremely toxic.

> *"It may also be the case, noted Kirkpatrick, that "younger individuals who are generally healthy and have not had symptoms of/or serious illness may not be thinking of what the future holds in relation to their diet today."*

They have symptoms all the time, but they are conditioned to them — such as low energy, recurring sickness (such as colds or the flu,) edema and bloating, eye bags, thicker and less elastic skin, skin rashes, acne, dandruff, trouble focusing for longer periods of time (as in low mental energy and stamina,) brain fog, disturbed sleep, a damaged hormone production (muscle loss, fat gain,) and so on. However, the real life-threatening damage will not be noticed until they get older, as it is the result of accumulated damage.

And here we go. Let's see how they try to minimize this extremely huge problem, that of all modern plant-based slave foods.

> "*Some of these foods such as breakfast cereals, for example, may even help to fill some nutritional gaps via fortification," said Kirkpatrick.*"

This is the definition of a medical-industry shill. Fortification is a scam! Man-made "vitamins," as in chemical toxic compounds, have absolutely nothing in common with what can be found in nature or in the cells of animals. It's a total scam, and these "vitamins" are extremely toxic.

Now, cereal (along with bread) is already among the worst foods in the world with its extreme content of carbohydrates/sugars, fiber, deuterium, antinutrients, and defense chemicals. So, what do you get if you fortify it with even more toxins? You get a weapon of destruction that will age you quicker than anything else.

> "*However, she said, "Consuming a lot of these foods means not having the opportunity to feed the body with [more] nutrient-dense options." The result may be a high consumption of calorie-dense foods lacking in nutrition.*"

Yes, this is what I call 'overfed' but 'undernourished.' And it's crucial that we define what a 'nutrient-dense' option is. As humans are obligate hyper carnivores, we can only get bioavailable nutrients from animal-based foods, such as the

animal itself and its produce. Anything else is contraindicated, void of nutrition and potentially harmful. So, to be healthy and live for as long as possible, your diet should consist mostly of animal fat and meat, with some organ meats and eggs, and the occasional dairy product if ever needed. That's it.

> "*Lumping all processed foods together risks oversimplifying nutritional science, so limiting Ultra Processed Foods should go alongside education for individuals as well," Kirkpatrick said.*"

Not really, you lying little shill. All processed and plant-based foods lack nutrition and are full of toxins that will hurt your body. Thus, all processed foods are contraindicated to the human diet. In other words, there is no need to classify them or even try to sort out which are "less bad," as all of them should be avoided.

If you need advice or help with health issues or with transitioning to our natural species-appropriate carnivorous way of eating, I'm available for both coaching and consultation.

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https://bartoll.se/2024/07/ultra-processed-foods-will-shorten-your-life/